46. Computer readable media containing a set of instructions which when executed perform the following acts:
receiving a first signal comprising one of a first plurality of values, each value associated with an acknowledgment (ACK) or negative acknowledgment (NAK), and one or more of the values indicating at least whether a rate control command is to be received; and
conditionally receiving a second signal comprising one of a second plurality of values corresponding to a respective plurality of rate control commands, wherein the receiving the second signal is conditioned on the value of the first received signal indicating the rate control command is to be received.

47. Computer readable media containing a set of instructions which when executed perform the following acts:
transmitting a packet;
receiving a first signal indicating whether the transmitted packet was acknowledged and whether a rate control command will be issued; and
receiving a second signal comprising the rate control command, wherein the receiving the second signal is conditioned on the first signal indicating the rate control command will be issued.

48. A method for rate control, comprising:
employing at least one processor executing computer executable instructions stored on a computer readable storage medium to implement the following acts:
receiving a packet;
decoding the packet;
generating a first signal indicating whether the received packet was decoded correctly and indicating whether a rate control command will be issued; and
generating a second signal comprising the rate control command, wherein the generating the second signal is conditioned on the first signal indicating the rate control command will be issued.

49. The method of claim 48, wherein the first signal comprises one of a first plurality of values, one of the first plurality of values indicating an acknowledgment of correct decoding and no rate control command.

50. The method of claim 49, wherein the value indicating an acknowledgment of correct decoding and no rate control command revokes a prior grant.

51. The method of claim 48, wherein the first signal comprises one of a first plurality of values, one of the first plurality of values indicating an acknowledgment of correct decoding and a rate control command.

52. The method of claim 48, wherein the first signal comprises a value indicating no transmission corresponding to a negative acknowledgment of the decoded packet and no rate control command.

53. The method of claim 48, wherein the rate control command is one of a second plurality of values, wherein one or more of the second plurality of values indicates a rate increase.

54. The method of claim 48, wherein the rate control command is one of a second plurality of values, wherein one or more of the second plurality of values indicates a rate decrease.

55. The method of claim 48, wherein the rate control command is one of a second plurality of values, wherein one of the second plurality of values indicates a rate hold.

56. The method of claim 55, wherein the second signal comprises a value indicating no transmission for a rate hold.

57. The method of claim 48, further comprising:
receiving one or more autonomous transmissions; and
allocating a shared resource in response to the one or more transmission requests and the one or more autonomous transmissions.

58. The method of claim 48, further comprising generating a grant in response to a received transmission request.

59. The method of claim 58, wherein the second signal is not generated when the grant is generated.

60. The method of claim 48, further comprising transmitting the first signal; and conditionally transmitting the second signal when a rate control command is issued.

61. The method of claim 60, further comprising transmitting the grant when a grant is issued.

62. The method of claim 48, wherein the received packet is a subpacket.

63. The method of claim 62 wherein the decoding of the packet further comprising decoding the packet in response to previously received corresponding subpackets, if any.

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